



## Workshops with Tommy Thompson in 2011

Greetings to all who have been taking my workshops

I hope I am finding you in good health, happy, and thriving in your life. I'm looking forward to completing this year's workshops/individual lessons in Holland, Germany, Austria, Japan, the USA and in Lugano, Switzerland at the World Congress for Alexander Teachers. Most of my workshops are open only to Alexander teachers and trainees; others are open to the public to heighten awareness of the Technique.

In each workshop we will continue to explore the characteristic depth and meaning of Alexander's principles and concepts with specific approaches you might use to work with your own pupils to explore and introduce the same. So, this round of workshops will be the ideal place for you to bring up your own questions about ways of teaching more effectively, and about how the work might bring more meaning to your life, and subsequently, the lives of your pupils.

I hope to see many of you in the coming year!

*Tommy*



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## **“Are we teaching who we think we are teaching?”**

**My workshops are largely guided by the participant's questions; but my description of what we will be focusing on in the workshops is provided below:**

**No matter how committed to habitual patterns of behavior a person might be, there is always more to a given individual than their habits reflect; perhaps even who they truly are, or certainly wish to be. So, when teaching, I am always reminded that I am working with the person's potentiality for becoming other than who they are currently committed to being. For me this approach is preferable than working with a person's "habit of use" in the negative sense. In the approach I propose, habit is viewed more as a point of reference for inhibition.**

**This version of inhibition revolves around the idea of a fixed identity that is given life by tensional patterns of behavior that interfere with the natural functioning of primary control. I use my hands to disperse his or her commitment to who he or she thinks they need to be, to be them, so that their Self truthfully emerges moment to moment, depending on the conditions present.**

**My attention and my pupil's attention to the inhibitive moment involves withholding definition of who we are committed to being to allow in new information that informs the experience we are having of us, rather than us always informing and managing our own experience, based on past perceptions.**

**For me and for others who have experienced teaching in this way, it is a truly wonderful approach, teaching us a new way of communicating to a student. The moment in which we are helping the pupil in this way to let go of what was once quite useful, important and perhaps necessary to them as they forged their sense of self-worth calls for compassion on our part as teachers, and on the part of the pupil when letting go of a part of who they have been in favor of who they might become.**

**Our awareness of habitual "use" in these terms opens the door to a vast world of possibility. Such awareness signals a point of reference to who we actually are and can be. The recognition that we are prey to habit is a good thing if viewed within the context of change and potential. Again, it allows us the possibility of meeting ourselves being ourselves, so that we can decide who we wish to be and become.**

**WORKSHOPS IN 2011 ARE ALSO LISTED ON MY WEBSITE.**

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## Workshop Dates Locations and Contact Info:

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If, when contacting the organizer for a given workshop, please put “**Workshop with Tommy Thompson**” in the subject of your e-mail. This helps the workshop host identify workshop interest among all their personal mail. Thank you so much.

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### Ongoing: E-mail or phone for information

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USA (Cambridge, Massachusetts)

**Contact Person:** Tommy Thompson  
Alexander Technique Center at Cambridge  
1692 Massachusetts Avenue, 3rd floor  
Cambridge, MA 02138  
Tel: +617-497-2242  
[E-mail: ttatint@aol.com](mailto:ttatint@aol.com)

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### April 2011

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Switzerland (Zurich)

Dates: April 10,11,12  
Private lessons given in **Schwyz**  
**Contact Person/Organizer:** Priska Gauger  
E-mail: [priskagauger@hotmail.com](mailto:priskagauger@hotmail.com)

Germany (Freiberg)

Dates: April 15,16,17  
**Contact Person:** Renate Wehner  
E-mail: [renate.wehner@zayt.de](mailto:renate.wehner@zayt.de)

Austria (Linz)

Dates: April 21,22. 23  
**Contact Person/Organizer:** Ursula Zidek  
Zappestrasse 19  
4040 Linz, Austria  
Tel: mobil: +43 676 3844272  
E-mail: [ursula@zidek.co.at](mailto:ursula@zidek.co.at)

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### June 2011

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Japan (Tokyo)

Dates: June 3- 13  
Residential workshop small group and private lessons  
**Contact Person/Organizer:** Training Director  
BodyChance  
Sento Biru, 10th Floor  
2-21-28-1000, Shimomeguro  
Meguro-ku Tokyo 161-0033 JAPAN

Tel/Fax: ++81-(0)3-5436.5045 (outside Japan)  
Toll Free: 0120-844 882 (within Japan only)  
Phone: 090-2284.0869 (Japan +81)  
E-mail: [office@alexandertechnique.co.jp](mailto:office@alexandertechnique.co.jp)  
Website: <http://www.alexandertechnique.co.jp>  
Website: <http://www.bodychance.jp>

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### July 2011

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Virginia (Sweetbriar)  
Alexander Technique Residential Workshops  
Dates: July 5-16, 2011  
**Contact Person:** Michael Frederick, Director  
Telephone: (310) 880-7700  
[michaelfrederick@earthlink.net](mailto:michaelfrederick@earthlink.net)  
[www.alextechworkshops-international.com](http://www.alextechworkshops-international.com)

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### August 2011

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Switzerland (Lugano)  
Dates: 9th International Congress for the F.M. Alexander Technique August 7-13, 2011  
**Contact:** [www.ATCongress.com](http://www.ATCongress.com)

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### October 2011

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Germany (Frankfort)  
Dates: October 28, 29, 30 2011  
**Contact Person:** Gabriele Breuninger  
E-Mail: [gabriele.breuninger@at-ffm.de](mailto:gabriele.breuninger@at-ffm.de)  
<http://www.alexandertechnik-frankfurt.de>  
Tel: 069 - 98 66 35 46

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### Dates to be Announced

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Holland (Amsterdam and Bussum)  
Dates: to be announced  
**Contact Person/Organizer:** Rebecca Gwynn-Jones  
E-mail: [rgj@online.nl](mailto:rgj@online.nl)

USA (San Francisco, California)  
Dates: to be announced  
**Contact Person:** Constance Clare-Newman  
Tel: 510-655-2734  
<http://www.constanceclare.com>

UK (London)  
Dates: to be announced  
**Contact Person:** Sara Solnik  
[sarasolnick@gmail.com](mailto:sarasolnick@gmail.com)  
[www.fine-balance.com](http://www.fine-balance.com)

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## Workshop Structure and Format

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is organized differently from country to country. Please check in with the workshop host for specific details. Other Information is available on my website: [easeofbeing.com](http://easeofbeing.com) When on the site there is a link to [TommyThompsonWorkshops.com](http://TommyThompsonWorkshops.com) which gives additional information specific to workshops.

### **Fees are Variable:**

The fees for the workshops vary from country to country given the currency exchange, and may be paid on my website, either through Paypal or credit card any time prior to the workshop , or in US Dollars on the first day of the workshop. Please contact each the individual organizer for specifics. If you have further questions, please contact me either by phone or by e-mail.

### **Concessions Are Available:**

If you cannot afford the full fee, please contact me for details about alternative payment options. For more information, visit my website: [easeofbeing.com](http://easeofbeing.com)

### **Attending Part-time:**

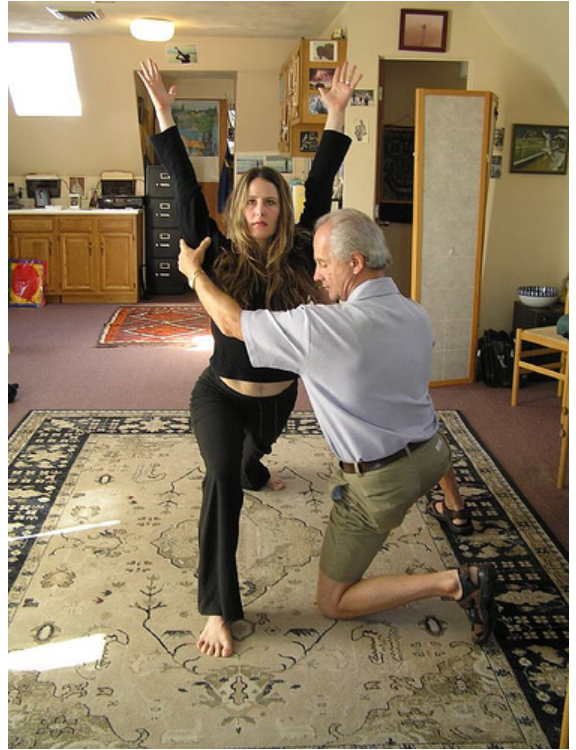
It is certainly possible to attend part-time, but you'll miss a lot and priority will be given to those attending full workshops. Of course there are always exceptions, but arrangements must be made with the workshop organizer well in advance.

### **Cancellations and Refunds:**

If, in the highly unlikely event I cancel the workshop for any reason, you will be refunded in full any tuition or deposit money paid. If you cancel for any reason up to one week prior to the workshop starts, you will be refunded any fees paid. No refunds will be made later than one week before the workshop start time unless there is an emergency, but the fee may count towards any other workshop I give.

### **IF YOU ARE INTERESTED IN HOSTING AND ORGANIZING A WORKSHOP, PLEASE CONTACT ME AT**

Tommy Thompson  
Alexander Technique Center at Cambridge  
1692 Massachusetts Avenue, 3rd floor  
Cambridge, MA 02138  
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E-mail: [TTATInt@aol.com](mailto:TTATInt@aol.com) or [Tommy@ATCambridge.com](mailto:Tommy@ATCambridge.com)





For the past 35 years Tommy has taught the Technique to professional and Olympic athletes, dressage riders, scientists, physicians, corporate and university professionals, musicians, dancers, actors, children and the severely challenged. In addition to teaching privately and giving international workshops, Tommy has directed a Teacher Training School for Alexander teachers in Cambridge, Massachusetts since 1983. For more information, visit [TommyThompsonWorkshops.com](http://TommyThompsonWorkshops.com) and [easeofbeing.com](http://easeofbeing.com)

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Website: [easeofbeing.com](http://easeofbeing.com)

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## Testimonials

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### Ease of Being: Reflections on Tommy Thompson's Approach

Reprinted from: **NeVLAT-news** May 22, 2009 article written by Rebecca Gwynn-Jones after the Amsterdam workshop

What I liked in Lugano was Tommy's focus on reconnection with the self and on the ease of being that comes from living in greater harmony with our design as human beings and with our own individuality. Connection and relationship are for him essential aspects of being human and therefore essential to how we practice and teach FM's technique for reclaiming our 'supreme inheritance.' I noticed that when he had his hands on someone they would light up and expand from within, I can only say, as if filled with love! Doing one of his hands on exercises with another teacher, we both felt a deep sense of connection, like we were dancing together, when it was just in and out of the chair as usual!

[...Read the entire testimonial online...](#)

Greater ease of being and connectedness is my main experience of Tommy's visit. Other people have told me they experienced something similar from their private lesson and/or the workshop and we are very grateful! The nice thing about putting all the work into bringing over and hosting a visiting teacher is that you get to spend more time with them. Tommy was certainly very easy to be with!

Several teachers said they would have liked more opportunity to work with each other - to practice applying the principles and processes we covered. Many of us are keen to explore his approach further, including some who couldn't take part this time. So we have invited Tommy to return next year. He said we had only just scratched the surface and that he is looking forward to delving deeper. New participants will be welcome to join us!

**Rebecca Gwynn-Jones**, April 2009, Amsterdam

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### Tommy's Teaching

Reprinted from:

<http://jeremychance.blogspot.com/2009/05/tommys-teaching.html>

May 11, 2009 by Jeremy Chance after the Japan workshop.

"I will never try to know you, I will forever try to see you."

Writing now after witnessing the final workshop of Tommy Thompson in Japan, and hugely impressed by the way Tommy has given a voice to Alexander's discoveries in a way that totally accords with the Buddhist view of Self – the lack of anything inherently existing from it's own side.

In my comments below, I may be misrepresenting Tommy's viewpoint, so please hold the idea that these are my impressions of Tommy's ideas.

Tommy's view is that there is no "number one" as Marj often cajoled us: "Who is the most important person here?" The student? No. The Teacher? Yes." For Tommy, there is no number one person – there is a relationship, an interdependency between you and I which creates us from moment to moment in the "ongoing, forever moving present, which is the only place where change can happen."

[...Read the entire testimonial online...](#)

Anyway, Tommy's work has been fabulously stimulating, causing me to question and re-decide about fundamental aspects of my own work: to change some of my long held ideas, to confirm others and, most importantly, to continue to allow myself to receive new information of any kind in the exciting adventure I call life!

If he comes to a theatre near you – get some tickets!

**Jeremy Chance**, May 2009, Tokyo

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### **Bristol, England 2009 Workshop**

(BATTSA) Workshop for Trainees, October 5, 2009

**Caroline Chalk, Training Course Director:** "The general feeling was that we had thoroughly enjoyed Tommy's time with us and loved the slightly less orthodox approach to the Technique. The following comments were made by one or more individual trainees:"

"Absolutely riveted, there probably wasn't enough time for more activities;"

"Liked the way he took his time, especially in answering questions, he seemed comfortable with himself; Very clear."

"Incredible charisma- vulnerability without weakness;"

"Extraordinary to (happily) sit and listen to an AT teacher for so long!"

"More of a spiritual teacher than an AT teacher;"

"Amazing touch!"

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### **Japan 2009 Workshop**

"What I was impressed by in Tommy's work is finding the deeper level of my heart I have never felt. I could see my bare nature." -Yumi Takahashi